

Podcast Notes

Foundations

- Welcome to my first Podcast
 - Who am I?
 - What am I doing?
 - Why these podcasts?
 - When am I doing this?
 - How do I plan to help people through these podcasts?
 - What can you do to help?
- Who am I?
 - Husband, Father, Grandfather
 - Biblical Counselor and Christian Life Coach
 - Trauma Professional
 - Marriage Coach
 - Public Speaker
 - Work in Progress
 - Child of God, Disciple of Jesus Christ
- What am I doing?
 - Managing a non-profit Christian Counseling clinic
 - Running my own private Life Coaching practice
 - Difference between a life coach and licensed counselor
 - Counselors are licensed; Life coaches are not
 - Counselors address the past, present, and future;

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- Life coaches equip people to make better choices in the present and future and possibly address their past on their own
- Public Speaking
- Podcasting
- Why these podcasts?
 - Filling a void for Christian Life Coaching
 - Enable people to engage life with a renewed mind and become equipped for every good work
 - It is difficult to have enough time to help as many people as I would like to
 - Not everyone can make it to my seminars or classes
 - Subscribers allow me to continue my work while still supporting my family
 - FREE: \$0/month - Current Podcasts
 - Bronze: \$5/month - All current and archived podcasts
 - Silver: \$10/month - All Bronze and downloads
 - Gold: \$20/month - All Silver and one email exchange. Unused emails may not be rolled over to the next month.
 - Platinum: \$100/month - All Gold and potential 1-hour phone session. Unused sessions may not be rolled over to the next month. The 1-hour session is offered but not guaranteed, the session being available when both the Coach and the Client are mutually available. The Coach is not liable for the inability of the mutual availability.
 - All subscriptions are per calendar month and are charged on the 1st of each month.
 - When am I doing this?
 - Posting a new podcast once each week.
 - How do I plan to help people through these podcasts?
 - Personal approach

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- One-on-One format
- Personal insights and examples
- Disclaimer: These podcasts are not intended to diagnose or treat any medical or psychological condition. They are intended for educational and encouragement purposes only. If you are seeking help for a medical or psychological condition, please contact the appropriate licensed professionals such as a state licensed counselor or psychologist. If you are having thoughts of harming yourself, please call the crisis hotline at 1(800) 273-TALK (8255).
- Providing a Biblical Worldview on life
 - Example
- Addressing daily challenges
 - Perspectives: Seeing life from God's perspective
 - Relationships: Marriage / Family / Work / Social
 - Emotional issues: Anxiety / Fear / Anger / Unforgiveness / Lust
 - Trauma: Past experiences that negatively affect your current perspectives on life and relationships
 - Life Skills: Six essential skills necessary for navigating life
 - Values: Three sets of values everyone has, how to identify them, how they affect us, and how to work with them
- Interviewing Christian Counselors
- Interviewing Past Clients for their perspectives (their identities will be protected)
- Reviewing books and products that might be helpful to accomplish the same goals of these podcasts
- What can you do to help me continue to help others?
 - Pray for me and my listeners at least once each week
 - Subscribe to one of my paid levels of subscription
 - Post a link to my podcast site each week on your social media

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- Share my podcast site with your family, friends, pastor, Sunday school class, small group, coworkers, people you meet...
- Be extra generous and use the one-time donation/payment button